

Thank you for choosing L-Tryptophan Chewable by Lidtke. We sincerely wish the best of health for you and your family.

L-Tryptophan is a natural building block of serotonin, the neurotransmitter that plays an important role in appetite, mood, normal sleep patterns, and nervous-system health.*

TryptōGOLD Lidtke's own naturally produced, Ultra-premium L-Tryptophan.

Lidtke L-Tryptophan is vegetarian, kosher and non-GMO.

Lidtke stands behind each product and guarantees customer satisfaction for 365 days from the date of purchase.

Best by:

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: KEEP OUT OF REACH OF CHILDREN. If you are pregnant, lactating, taking any medications (especially MAOIs, Tricyclics, or SSRIs), or have a medical condition, consult your doctor. Discontinue use if adverse reaction occurs. Do not use if seal is damaged or missing. Keep lid tightly closed. Keep in a cool, dry place.



LIDTKE®
Superb Quality Since 1994

Stay Calm & Relaxed

L-Tryptophan Chewable

**Delicious Green
Apple Flavor**

60 TABLETS • A DIETARY SUPPLEMENT

Suggested Use (Adults): Take two (2) tablets or as directed by a health-care professional. Best if taken at bedtime or between meals.

Supplement Facts

Serving Size: 1 tablet

Amount Per Serving	% Daily Value†	
Calories	6	
Total Carbohydrate	1.5 gm	<2%
Sugars	1.5 gm	**
L-Tryptophan	100 mg	**

† Percent Daily Values are based on 2,000 calorie diet.

** Daily Value not established

Other Ingredients: Sucanat (organic cane sugar), natural green apple flavor, malic acid, lecithin (from Non-GMO soy), vegetable stearic acid.

No added gluten, yeast, wheat, corn, dairy, eggs, salt, peanuts, fish, shellfish, artificial color, artificial flavor or preservatives. **Non-GMO**

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Adverse events may be reported above. R0616-1